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Carolina Country

formerly CAROLINA FARMER



SEPTEMBER, 1972



Just had to write and let you know how very much we enjoy your magazine. I literally take it apart every time I receive one, because I use the articles that are appropriate on my church bulletin boards, especially the young people enjoy the "Teen" questions and answers. There was an article in your July issue which I would like to run in our town paper, The Bethel Herald, but felt I should get your permission. It is by Jim Chaney, entitled "Brighten the Corner Where You Are."

Mrs. John Rook, Jr.
Bethel

Editors of newspapers and other publications are welcome to reprint any article

they wish from Carolina Country. Special permission is not necessary.

Came in from work, glanced through the odds and ends of mail to see if I had something interesting. There was the beautiful cover of Carolina Country, so I turned to the cover paragraph, then saw "Brighten the Corner Where You Are." I, too, sang that in Sunday School a few (!) years ago. The tune wouldn't let me alone, so I fiddled around at the piano and then came up with these words which sound right to me:

*Brighten the corner where you are,
Brighten the corner where you are.
Someone far from harbor
You may guide across the bar;
Brighten the corner where you are.*

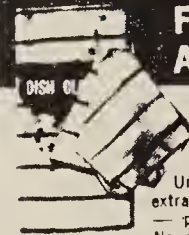
Now I'll have to teach this to my grandchildren if they are not already singing it in Sunday School.

Mozelle McMillan
Raleigh

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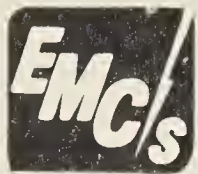
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Your EMC's Magazine

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Official Publication
North Carolina Electric
Membership Corporation
J.C. Brown, Jr. General Manager

Carolina Country®

Read Monthly in more than 210,000 homes.

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You've Got To Be An Activist Too

One way you can tell you're growing stodgy is your attitude toward change.

It unsettles you. It disturbs your complacency, and you find yourself resenting it and the expressions of it — so much so that if Santa's elves turned out with placards in Fayetteville Street, you'd probably sick Spiro Agnew on 'em.

And the word *activist* raises your blood pressure.

Granted there have been too many protest marches and demonstrations, granted they're self-defeating. America needs activists.

It needs them in its communities and its organizations.

Think what a healthy thing it would be for North Carolina if every one of us became an activist for constructive causes.

We could make all of our communities better places for all the people in them. We could make our organizations dynamic agencies for meeting people's needs.

All it would take would be for somebody like you to make the first move. If you want to get things done your way, that's what you must do. In doing so, you'll show that good citizens can be as dedicated and determined as those who, to your way of thinking, want to wreck the country.

So if you have ideas for improving your community, put your ideas to work. If you feel it should have a water system or a sewer system, or some other service or facility, start talking, acting and organizing. That's how North Carolina's EMCs were started. That's how many other needs were met.

When your co-op, Farm Bureau, Grange, church and club hold meetings you should attend, make sure you're there — not just to win door prizes but to take a knowledgeable part in the proceedings. By doing so you'll help make sure every organization to which you belong is a moving force for the best interests of all its members.

Remember, it's your community, your local government, your co-op, your organization, your church. If you want it run right, you must be active in it.

Stick your neck out. Be an activist for something constructive. That's the only way you can defuse the demonstrators and make this the kind of country everybody wants.

Jim Chaney

COVER — Miss Patricia English, director of a Food Fun Day Camp held in Madison County, shows some of her campers from Mars Hill the basics of good nutrition. The program ran for six weeks in ten communities throughout the county. Each week the children met for two hours a day to cook up something new and generally have fun learning about food. The Food Fun Day Camp was created and supported by French Broad EMC in cooperation with the county's Extension Service office and school system. Brenda Sargent tells about it on her Homemaker pages.

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INSIDE CAROLINA COUNTRY

a commentary by J.C. Brown Jr., general manager,
North Carolina Electric Membership Corporation.

It Is Possible to To Do Without Electricity

NOT LONG AFTER I came to work for the rural electric cooperatives, my father and I rode up to Maggie at sundown, and beyond to an overlook above Black Camp Gap. He liked to look into the valley and see the dots of light appear in the mountain cabins. I explained to him how it all happened — REA, economic democracy for rural people, etc. (He, who had spent his life as an agriculture teacher working with rural boys and his World War I bonus wiring his parents' home, seemed to appreciate my explanation). He would see a house far below and say, "That's where Luther lived. Do you remember the night we sat around the fire and . . ."

As we left, he took a last look at the valley and up to the illuminated Ghost Mountain tourist attraction and sighed, "I wonder if electricity made any of them happier."

HERESY! My own father! I just hadn't made myself clear that power, the things that generated it, and the gadgets that used it, were the base of American culture, ennobling all who had a part in it — except possibly the private power companies.

SIXTEEN YEARS later in mid-July, I found myself standing at the foot of the highest mountain range in Wyoming with a 50-pound pack on my back, about to embark on a seven-day journey which would take me close to the top of an awesome mass of rock, snow, lakes and falls just west of the Continental Divide.

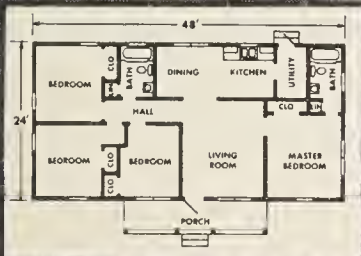
How I got there was sheer recklessness. It was later I rationalized it was because I wanted to see if man could live without electricity.

The first steps were not so hard. But I decided to rest. The altitude makes breathing difficult. Seven hours later, with no little assistance from an angel whom I know was Gabriel's assistant come to warn me but who claimed to be a young Forest Ranger named Jim Brown, I collapsed in a blue heap at our first camping spot. No, it was not a campground. No place to plug in your air conditioning. No plumbing, but we did have a shovel. And an icy lake full of rainbow trout, which were spawning and more interested in that sort of thing than our lures. After a couple of nights, we moved to a higher altitude — about 11,000 feet and for me another six hours.

The country is so overwhelming it is to be seen, not worded over. A part of the joy was to not watch television, take a bath or shave, to break ice to get your drinking water, to walk in the snow in July, to marvel at 10 o'clock sunsets and 4:30 sunrises, to be alone, and among quiet companions.

Maybe the best part of the trip was coming out. Strong — you might even say you could smell your strength — and with a thirst that pure mountain water couldn't quench.

Sitting in that ice cream parlor in a cow town in Wyoming, eating a raspberry sherbet without mosquitoes in it, and breathing real air conditioning, made you think of a lot of things: the least of which is one can live without electricity for a week and survive.



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ROSCOE CRANE, manager

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Did you know that a good portion of the inside of any home can be finished by amateurs . . . people who are not experts but are just handy with tools? How many times have you painted a ceiling . . . the walls . . . did the whole room? Can

you use a hammer and nails . . . a square . . . a rule and saw? When Jim Walter builds for you, you can start with the bare necessities if you want to . . . just the basic shell home, completely finished outside, unfinished inside . . . and then finish the rest yourself. Just imagine how much money this would cut from your finished cost . . . if you did all of the inside. But, it's not necessary for you to do this much. Do as much as you want to. Do a little or a lot. It's up to you. We'll stop at almost any stage of inside completion that you tell us to. The point is, whatever you can do will save you money.

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THE GREAT CARS

by A.D. Mackintosh

At the turn of the century, America was not producing great cars that would compare with Mercedes-Benz, Panhards, Roll-Royces, etc., that were the pride of Europe. Nearly all the sporting Yankee millionaires bought imported expensive cars simply because there were no domestic counterparts.

But not for long. Soon Welch, Winton, Simplex, Lozier, Locomobile, and Peerless were manufacturing cars of imported quality. These all but forgotten makes were quickly followed by Franklin, Pierce-Arrow, Packard, Cadillac, Lincoln, Auburn, Biddle, Duesenberg, Cord and Stanley.

What makes a great car? First, the car must be filled with a feel of surging power. Usually, it was in the expensive, or very expensive class. Second, it would have a long hood. Third, it would be luxuriously outfitted for its day. And last, it was built to live a long life. This latter attribute would tend to rule out the Cadillacs, Imperials, and Lincolns of recent vintage since even they are programmed to last no more than seven to ten years.

Why should the manufacturer care for the third or fourth owner? Especially when it's not good economics? The car builders of old were imbued with the urge to build better than the competitor and cost was not so much a factor then. Hand fitting and craftsmanship were the norm.

The ten best American cars ever built certainly include Simplex, Locomobile, Pierce-Arrow, Packard, Mercer, Stutz, Duesenberg, Franklin, Cadillac and Lincoln.

The Simplex was a chain-driven, heavy car; and next to the Mercer is the most sought after old American car by old car buffs. It was manufactured by Messrs. A.D. Proctor Smith and Carlton Mabley who drew heavily on European designs. Built in New York City from 1905, it was certainly a luxury car. The main

bearings were scraped for 20 hours, or more, and there were no fewer than 67 discs in the clutch to insure smooth operation.

Probably the most luxurious American car ever built was the plush Pierce-Arrow of the Golden Era of American motor cars. One car, built for the Shah of Persia, had a gold encrusted body; the inside was of silk and most of the visible metal was gold plated. Cost was some \$60,000 FOB, Buffalo, N.Y. Pierce started fender mounted headlamps in 1914, and was known world-wide for this feature.

If Buick was the doctors' car, Packard was the near-millionaires' automobile. It had real elegance and class. Started in 1899 by James Packard and Henry Joy, Packard made it up through World War II by building Rolls-Royce aircraft engines. In 1915 the world-known "Twin-Six" was brought out and it was to set the pace for all big American cars. Costing only \$2,600 it would go well over 70 mph, and would walk along at 3 mph in high gear.

Mercer and Stutz were the two great sports cars on the American scene before the Corvette. Who will ever forget the deep throated-roar of a Raceabout or a Bearcat? Both appeared about 1912 and had monocle windshields (a round piece of glass in front of the driver only.) You can't buy a Mercer now, and a Stutz is virtually unobtainable. If you owned one of the two in the teens or 20s, you were strictly of the elite. You could prove it loudly by opening the cutout of your exhaust to the envy of all the T model yokels who stared in frank admiration.

Duesenberg was one of the best built cars ever made. It coined the phrase "it's a doozy," and deserved it. Fred and August Duesenberg, its designers and builders, were born in Germany but came early to this country. Their Model J, the epitome of a huge automobile, came out in

1928. Its power was tremendous — 365 HP, still a respectable figure — and the instrument panel was so complete it included an altimeter, plus warning lights that went so far as to tell you to water the battery. The S.J. Duesenberg supercharger spun at 24,000 RPM. It was in reality a heavy sports car, but what a car! An SJ Murphy bodied Duesenberg double-cowl phaeton went up on auction last year and a bid of \$65,000 was refused. The opening bid had to be \$70,000 minimum. You could buy these in 1949 for a paltry \$5,000.

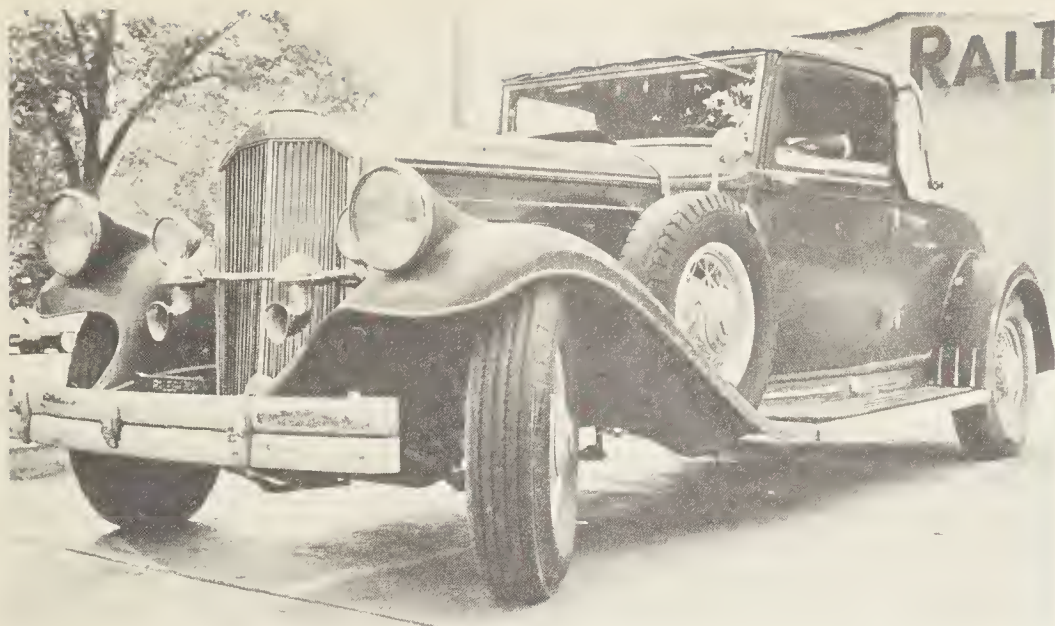
Cadillac, named for the French founder of Detroit, had a rating in the 20s about the equivalent to that of Oldsmobile today. But Cadillacs were small and comparatively cheap cars then. Cadillac designer, Henry Leland, a bug on precision, stressed interchangeability. In a famous test in England, three cars were completely disassembled and rebuilt, each with 721 interchangeable parts. This stunt won the Dewar Challenge Trophy and Cadillac received world acclaim.

In the late 20s Cadillac began to edge up to the status of Packard and Pierce-Arrow, finally forging in front with a well designed V-12. From 1926 to 1930 the V-16 was tested and then launched — it was a high, heavy, big car. When only 514 were sold in 1940, it was discontinued.

Edsel Ford wanted to make the "best car in the world." He hired Leland, who had left Cadillac, and came very close to his goal. In 1922 the Lincoln was designed and ready for production when personal conflicts prompted Leland to quit after only four months. Edsel did not produce the original engine design until 1931. When the 12 cylinder KB model was introduced, it was one of the great American cars, and carried some of the best coachwork.

Lincoln, late in the Depression,

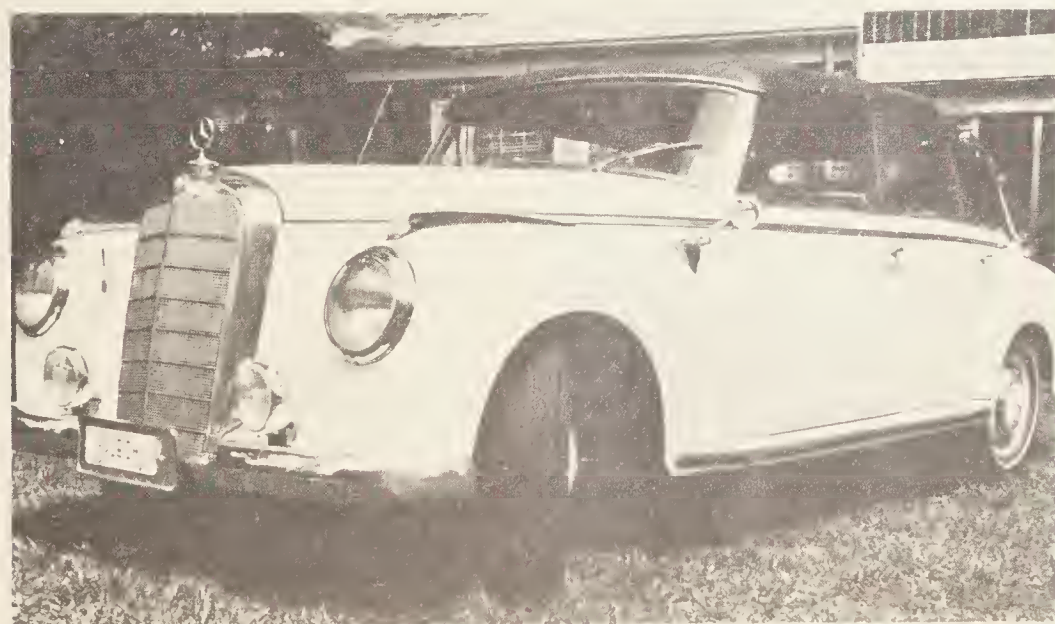
(Continued on page 16)



A 1933 Pierce-Arrow V-12: Car Buff Mackintosh calls it an American classic.



A 1931 Rolls-Royce St. Martin's limousine.



A 1952 Mercedes-Benz convertible sedan.

The Addicts

By Leslie Wayne

Gone are the days when cars had rakish cowls, sleek hood ornaments or wood interiors, but a few patient and mechanically-minded North Carolinians are out to save the relics that remain.

These are the old car addicts. Though small in number, they're a hardy and growing band, and for them old car restoration is a relaxing and challenging hobby.

"Some men restore cars for money, some for the love of it. But all do it because they've got that special 'want gland,'" says Steve Hennrich of Raleigh, the proud owner of a 1952 type — 300 Mercedes-Benz.

While no one knows the number of old car buffs in the state, the Carolina Antique Auto Club boasts 430 members. A variety of reasons draw car buffs to the club — it gives them an opportunity to show off the finished product, and it is a place to get advice on problems in restoration. "We get parts for our cars, hold meets and shows," says the club's chairman Robert Hughes. "But mainly we just have a good time with our cars."

Steve Hennrich's experience in restoring cars is typical of that of many Tar Heel buffs: "Everything was frozen when we got the car — the distributor, carburetor, cylinders, everything. Every screw and bolt had to be broken loose . . . For a while we didn't think it could be done." For five months, Hennrich, his son Phillip, and a close friend, A.D. Mackintosh, worked under Hennrich's carport, patiently rebuilding the old Mercedes piece by piece.

The five months of toil paid off in an elegant classic Mercedes, once owned by the Mayor of Munich, Germany. It has a sleek white exterior and a plush red leather interior. Hennrich says, "It's as close to the original as possible. It might be just a hair off here and there, but only an expert could tell."

It takes a special kind of person to restore old cars — and patience and money are only two of the prerequisites.

(Continued on page 16)

"Community Resource Development" Means Solving Problems Together

By Tom Byrd

Citizens of the Goldston Community in Chatham County made wells, springs and rain barrels obsolete by installing a rural water system.

Citizens of the Drake Community in Nash County reduced the need for ex-tenant farmers to move to town by securing a rural housing development.

Citizens of Cofield in Hertford County qualified for Powell Bill funds and other forms of government assistance by forming an incorporated town.

Citizens of the Newfound Community in Buncombe County popularized the expression "clean sweep." Families there fan out over the community's 26 miles of roadway each month and pick up all the litter.

Sociologists have a term for the work being done in Goldston, Drake, Cofield and Newfound. They call it "community resource development."

Local people are more likely to say, "We're just trying to make our community better." And they often add, "better for our children."

One thing is for sure. People are paying more attention to the Goldstons, Cofields and Drakes. They see healthy, active, growing rural communities and small towns as a remedy for off-farm migration and exploding ghettos.

The Agricultural Extension Service of North Carolina State University has had a community development program for a quarter of a century. The Farmers Home Administration has created a Division of Community Services and Facilities. The Department of Economic and Natural Resources is trying hard to locate more industry in rural areas. Many other organizations, including Electric Membership Corporations, are trying to breathe new life into rural America. The U.S. Department of Agriculture is

preparing major new programs for rural areas.

John Collins, specialist in charge of community and area development work for the Extension Service, estimates that 950 communities in North Carolina have organized improvement programs.

These communities and their projects are as varied as the state's geography. Many communities get their feet wet with some type of beautification effort — junk car removal, mailbox improvement, roadside clean-up, yard-of-the-month, and so forth. Recreational programs, especially for teenagers and senior citizens, are also popular.

Some communities tackle income problems. They recruit industry, encourage young people to continue their education, request classes for adults at technical institutes, and sponsor farm production meetings in the community.

Some of the most ambitious community projects in recent years have been in the area of community services and facilities. Within the last two years, the Farmers Home Administration has provided funds for 119 rural housing projects, 86 water projects, 42 sewer projects and 95 solid waste projects. Many communities have organized rural fire departments and community buildings can now be found at hundreds of locations.

Collins said that two basic types of community organizations are found in the state. One is the "straight-line" organization. Citizens in the community come together in "town hall" fashion, elect officers and appoint work committees.

Larger communities and small towns usually prefer the "council



Old milk cans were used for carrying water in the Goldston Community of Chatham County until a new community water system made them obsolete.



Community development can aid in obtaining new rural houses, such as these in Edgecombe County.

type" organization. The development program is planned and coordinated by representatives of existing organizations, such as Jaycees, Extension Homemaker Clubs, and town council. These organizations then carry out specific improvement projects.

"Experience has shown that community development can make three major contributions," Collins said.

"First, community development provides a vehicle through which people can work together to solve common problems. Every community has leaders, and these leaders can involve the citizens in planning and conducting a development program based on local problems, needs and potentials.

"Secondly, community development provides a vehicle through which outside resources can be brought into the community. Organized communities are in a better position to get loans or grants from government agencies. They can also bring in people who can give them useful information — the county sanitarian, school

superintendent. Or maybe they want the health department to sponsor a local clinic or a Red Cross worker to give a course in lifesaving.

"Thirdly, organized communities are more likely to have their voice heard at the county, regional or state level," Collins continued.

The resident of a predominately black community in the Sandhills told

what it means to be heard outside the community.

He said: "When my brother died, the road was so bad that we had to haul his body out on a mule and wagon. After we organized here and began to get a little publicity, some of us went to see the highway commissioner. He said, 'Yes, sir, we'll get that road fixed.'"

The road is fixed paved.

THINGS THAT MAKE A GOOD COMMUNITY

1. People who work.
2. People who accept responsibility.
3. People who play — know how to relax — have a sense of humor.
4. People who worship.
5. People who accept leadership and provide fellowship.
6. People who study — learn about their world.
7. People who care for that which is beautiful and attractive.
8. People who cooperate in sharing ideas and dreams and put legs on those ideas and dreams.
9. People who are not afraid to confront an adversary.
10. People who plan for their future.

John N. Collins

Food for the Nation Is Food for Thought

By Dr. John T. Caldwell

Chancellor, North Carolina State University



Dr. Caldwell

The United States of America is a blessed nation. The moral and spiritual values that entered into its foundings and development included a devotion to individual liberty and to individual enterprise. These values persist. Step by step we became an enormously productive nation.

Fired by the profit incentive applied to vast natural resources, practical inventiveness and hard work produced great wealth. In the last century, an expansion of educational opportunity represented notably by the Land-grant movement, the attainment of universal primary education, then universal secondary education gave an enormous boost to our human capacity to produce, to manage, and to govern ourselves.

Finally, came research and the extension of its results to users in industry, on the farm, in commerce, in services, nowhere more conspicuously applied than on the farm and nowhere more advantageously.

This achievement, to set it in perspective, has brought about an abundance of food — a bounty and a blessing, produced on less acreage by fewer people every year. Today we can boast that one American farm worker feeds 50 other people, thus releasing millions of hands and heads and hearts for other useful tasks in the society.

The nation has lots of problems: Crime, drugs, inflation, unhealthy distribution of income, far too much poverty, unhappy welfare programs out of gear, frustrating labor-management problems that injure the public, tax inequities and evasion, persistent race discrimination, pollution — and traffic problems!

But no shortage of food!

This blessing, however, is not accomplished without some identifiable problem side effects — for example, some pollution from agricultural chemicals; urban crowding by “displaced” people from mechanized farms and jobless rural communities; rural poverty; stranded people — “people left behind.” Our great agricultural enterprise is not perfect. Our official agricultural policies are not perfect. Our agricultural agencies are not perfect. Even the “Extension Service” has its faults.

But we must not let the problems, the faults obscure our perspective. What is needed is a more comprehending public opinion. Public attitudes toward modern agriculture at present cover a wide range of positions, little of it informed or consciously appreciative of our abundance.

First there is the *taking-for-granted* the dazzling array of abundant foods available, with no thought whatever to how it happened.

Next there is a vast *ignorance* about today's agriculture. How many people know, for instance, that the capital investment per worker in farming is moving toward \$100,000 and ranks below only the most heavily invested industries, like petro-chemicals? It is then difficult for a young family to get into farming!

But how many people in our great urban-living and urban-oriented civilization know the small return a small farmer gets on his investment of capital and labor?

How many bother to comprehend the peculiar economics of a world-wide enterprise whose product is made by millions of separate entrepreneurs

not one of whom can foretell at the time he plants the seed or grafts the seedling or inseminates the herd what the total supply will be at harvest when the product must be marketed, or what his own peculiar weather and insect cost factors will have been?

How many persons who liken the farmer to “just another businessman” ever thought how the farmer purchases his production requirements on an “administered” price market but sells his ready product on an uncontrolled market? What happens when his new tractor costs a third more than his old one and his crop brings no more?

How many blame the farmer for high food prices when in fact the farmer's take at best is only one-third of the price, and indeed when measured against the wages of the consumer, how many know that food costs in America are the lowest in the world, requiring only 16% of the consumer dollar!

Then there is the *romanticizing* about farming. This is the loose type of thinking that somehow equates living on a “family farm” as an earthly heaven. Now family farm living *can* be a very wonderful way to live — but “it ain't necessarily so.” For a “small” or “family” farm to be an “earthly heaven” it had better be profitable. There is little romance in going broke or in not knowing from one crop to the next that the mortgage can be paid. There is little romance in not having money enough to afford minimum family transportation. There is little romance in not having good schools for the children, in not having a doctor somewhere around, or in backbreaking labor unaided by labor-



Are those who see labor-saving agricultural efficiency as a threat to the family farm guilty of romanticizing?

saving machinery, or in living without running water or electricity.

But these romantic notions persist in the thinking of our urban dweller to an unfortunate degree. He thus becomes susceptible to a certain kind of modern demagoguery that finds its way even into high intellectual circles.

This demagoguery says in its barest form that it has been a terrible thing for the Land-grant Colleges and the machinery manufacturers to make agriculture more efficient, and that it is high time we stopped abusing the small farmer with such labor-saving nonsense, forcing him to migrate to the city! The logic of this is as appalling as it is ignorant. The argument, if followed, would commit us to a return to primitive agriculture which required most of every man's labor to feed only himself and his own family.

This is a nation of freedom of choice. Mobility of capital and labor are an assumed fact of the economic system. When people can't make a decent living some place, they move. When an owner gets no return from his property, he forfeits it or gets rid of it. When labor is scarce or costs too much, one invests in machinery or goes out of business. In a money economy — not a subsistence economy — money is important. So if one's labor on a farm doesn't result in money for clothes, for transportation, for medical care, for small pleasures, for conveniences other people have, the mobile individual seeks his fortune

elsewhere — maybe even "up Nawth," nearly always in town.

At least, however, it ought to be gratifying to note evidence of a slowing down of migration from the farm beginning in the mid-Sixties. This says simply that economic adjustments in capital and labor are continuously taking place in this free society of ours.

So the politician who wants to sound noble and concerned about little people, attacks what he identifies as some calculated or heedless policies that he says favor "commercial" farming and "corporate" farming and which do not seem to help the little man or the family-size farm. Mr. Average Citizen is joined in these notions by the cloistered theorist who doesn't even know what a "corporate farm" is, or that many family farms are in fact incorporated.

I offer no defense of features of national farm policy which may deserve criticism. Nor do I believe our system of economics and government has produced an adequate program dealing with rural or urban poverty. I simply enter an emphatic disclaimer to the calumny that the research and educational programs of the Land-grant Colleges have been anything but good for the American farmer and the American people.

If our national farm policies can be made more equitable, let it be done. If our disadvantaged farmer and his family can be better served to weather the transitions of economic pressure,

let it be done, and we will help. Wisdom and common sense are required; ignorance and romance are the stuff of demagogues.

The phrase, "A sturdy peasantry," has a nice, romantic ring about it. But those who speak words that by implication profess their own personal devotion to the life of a sturdy peasant give forth a hollow ring.

Yet we do agree that to whatever extent farms big and small can be made profitable, and rural life can be made agreeable to modern dwellers in an American civilization; and to whatever extent we can mitigate the hardships of rural transformation, these things are our duty to do.

If by chance some Extension worker has given more attention to the banker or big operator than to the aspiring farm family, he has not done his full duty. And where someone has recommended or used unnecessary or excessive or otherwise unwise use of chemicals without regard to our precious air or water or natural life, he has violated his duty.

I can only charge us all to be about our full duty. Then those of our 200 million eating citizens who ought gratefully to respect American agriculture will be less inclined to charge you and me with the ancient imperfections of a mixed and mobile urban-rural society of free men. Then the demagogues will have to find other more valid scapegoats on which to pin their poor economics or romantic delusions.



FOOD FUN

*The Carolina
Homemaker*
Edited by Brenda Sargent

Drink, drink, drink your milk
Drink it every day

Merrily, merrily, merrily, merrily

It helps you on your way.

Sung to the tune of "Row, Row, Row Your Boat," this song has been heard reverberating from school cafeterias, playgrounds and activity buses all summer in the Western North Carolina county of Madison. From Marshall to Mars Hill and on to Hot Springs and Laurel, boys (over one-third of those attending were boys) and girls ages 9 to 13 gathered for a week of fun and learning at a Food Fun Day Camp.

In each community, the campers started off the week making ice-cream, then moved on to apple crisp, Sloppy Joes, and blueberry muffins, learning as they went the importance of these different types of food to good health.

The highlight of each day was the moment when they sat down to eat what they had made. And it was perhaps, the highlight of many a mother's day when her son or daughter took over preparing the dinner one night to serve Sloppy Joes!

The classes were filled with games, singing, riddles and quizzes - all about food. In one such quiz (shown at top, page 13) several campers were blindfolded and served small portions of exotic or unusual fruits and vegetables they had never before tried. They were then asked to identify the foods. The fun was in watching the expressions on their faces as they nibbled at avocados, figs, pineapple or red cabbage!

Every Friday was field trip day; and at 8:00 in the morning the activity bus was loaded and off to its first stop - the Biltmore Dairy. After a tour of the calves' barn and a picnic lunch, the campers were on their way again, this time to either a bakery or open-air market. The day was finished off with a visit to French Broad EMC where the campers toured the offices, had refreshments and perhaps saw a new fire engine or line truck. All in all, it seemed to be a welcomed change in summer activities to the children.

The subject matter of the camps was planned by Mrs. Ethel Wallin, home economics extension agent and Miss Cynthia Berban, assistant home economics agent in Marshall. Miss Patricia English an enthusiastic senior home economics major at Mars Hill College directed the day camps. She was aided by county nutrition aides, Mrs. Doris Roberts and Mrs. Virginia Cantrell and Miss Nancy Treadway of the Neighborhood Youth Corps.

The youth program, sponsored by French Broad Electric Membership Corporation, Madison County Extension Office and Madison County Board of Education, was aimed at emphasizing the importance of a nutritious diet composed of foods from the "basic four" food groups.

The program ran for six weeks in ten different communities in the county. The children of each community attended the Food Fun Camp for two hours each day for one week. Then at the end of the six weeks a graduation program was held in Marshall which all the children attended with their families to receive certificates from French Broad EMC and the County Extension Office.

Considered equally important as the promotion of good nutrition, was the desire to foster better understanding between the community and French Broad EMC, the Extension Office and educational system.

French Broad EMC Member Services Director, Danny Hayes, projected that the program reached into approximately 300 homes in their service area. And he added, "The response from these parents has been tremendous."

Mr. D.M. Robinson, French Broad EMC's general manager, feels that the program was "the most important contribution in the area of member services that the co-op has ever made."

It has shown the families of these children that the EMC is as concerned with their total well-being as with providing their electricity.

"We as co-ops are so often primarily construction-minded, and we forget the needs of the people we serve," Hayes stated. "In the future co-ops are going to have to be more service-minded."

And that is what French Broad Electric Membership Corporation has decided to be. They are not waiting for the future, instead they have decided to begin the future today.





FASHION FAVORITES



Pattern No. 9336 is cut in sizes 8, 10, 12, 14, 16 and 18.
Pattern No. 4697 is cut in sizes 10½, 12½, 14½, 16½, 18½ and 20½.
Pattern No. 4996 is cut in (teen) sizes 10, 12, 14 and 16.
Pattern No. 9094 is cut in sizes 34, 36, 38, 40, 42, 44, 46, 48 and 50.
Pattern No. 9168 is cut in sizes 10½, 12½, 14½, 16½, 18½, and 20½.
Pattern No. 9354 is cut in sizes 6, 8, 10, 12 and 14.

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ABOUT THE HOUSE

Easy Ironing

Wash, rinse and spin dry hard to iron garments in automatic washer. Then take out and fold, place in plastic bag and put in freezer until ready to iron. This method cuts out sprinkling. Clothes are damp enough on thawing.

Mrs. M.R. Tucker
Rt. 7, Box 383
Statesville

Laundry Cart

When your TV trays are old and battered, remove the tray and keep the folding leg bases. Make a bag of lightweight canvas and sew it to the top rims of the TV tables. Presto, a laundry cart. Stands with wheels are especially handy. You'll have a lightweight laundry stand and you can use two or three at one time as you divide your clothes.

Buying Shoes

Never buy shoes in the morning, wait until after 2 p.m. Your feet expand from a half to a full size during the day, cautions Dorothy Barrier, extension clothing specialist, North Carolina State University.

Storing Nutmeats

Nutmeats keep better in the refrigerator than at room temperature and will keep in the freezer at zero degrees for as long as a year.

Rugs Like New

When shag rugs become limp, lay them right side down on a flat surface after washing and brush strong liquid starch on the backing over the entire rug. Let this dry and the rug is good as new.

If you have any helpful hints or special information that you would like to share with other readers, send them to: About the House, Carolina Country, P.O. Box 1699, Raleigh, N.C. 27602.



KITCHEN CORNER

Though summer is technically over in the month of September, North Carolina has been known to have its hot spells well into October. And for this reason we are featuring some last minute refreshing punch recipes to tide you over until that first relieving crisp day of autumn — whenever it arrives.

The recipes were sent to us by Mrs. Joyce Fisher, a housewife and mother of three children. They are served by South River EMC.

Thank you Mrs. Fisher!

If you have a favorite recipe that you would like to share through this column, send it to: Brenda Sargent, Kitchen Corner, P.O. Box 1699, Raleigh, N.C. 27602. Tell us something about the recipe and any helpful tips you have discovered in preparing it, your family, and the name of the EMC that serves you. We pay \$2 for the recipe chosen monthly for this column.

KITCHEN CORNER RECIPES

*Submitted by Mrs. Joyce Fisher,
Rt. 9, Box 376, Fay, N.C.*

Golden Punch

2 c. lemon juice, chilled	2 c. cold water
2 c. orange juice, chilled	4 qts. ginger ale, chilled
2 c. sugar	Lemon slices

Combine fruit juices, sugar and water in large container and stir until sugar dissolves. Just before serving pour ginger ale down side of bowl, stir gently. Float iced fruit garland in bowl if desired. Garnish with mint leaves. Serve with crushed ice. Makes about 40 one-half cup servings.

Pink Lemonade Punch

2 cans frozen pink lemonade	8 cans water
	2 qts. ginger ale

Mix all ingredients in punch bowl. Add ice.

Fruit Party Punch

6 oz. can frozen orange juice
6 oz. can frozen lemonade
3 c. pineapple juice
1½ qts. cranberry juice

Add water to orange juice and lemonade according to directions. Mix with other liquids and ice. Serves fifty.



NEEDLE CRAFT

INSTANT MONEY

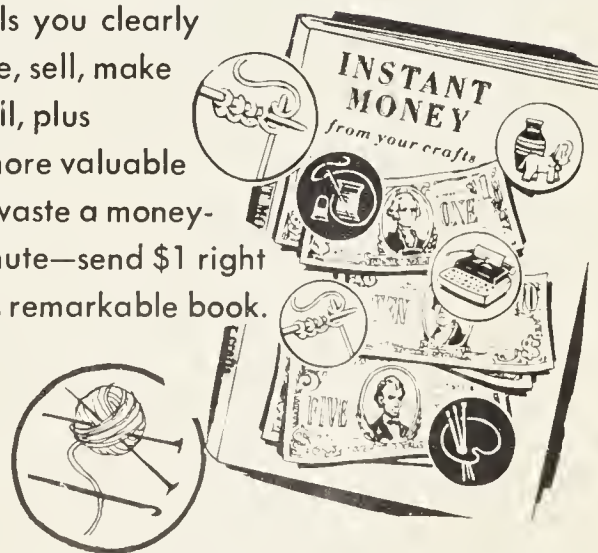
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CONSUMER NEWS

This article has been prepared with the assistance of the North Carolina State Attorney General's Consumer Protection Division. If you have a complaint or information about unfair or deceptive trade practices, notify the Consumer Protection Division, Office of the Attorney General, P.O. Box 629, Raleigh, North Carolina 27602.

GRAPEFRUIT DIET LIKELY TO MELT AWAY MONEY NOT FAT. The Attorney General warns Tar Heel dieters to beware of schemes that promise inches off in mere days, but reduce your pocketbook rather than your waistline.

The supposed "wonder" diets are being widely advertised in newspapers, magazines, and through the mails. Some offer, for a few dollars, a copy of a "miracle" diet which will enable a person to lose "ten pounds in ten days and still eat all you want." Some of the ads appear in the form of a news article. The word "advertisement" appears in very small print and might easily go unnoticed. One ad in particular is captioned, "Special Report." It says, "From this fabulous Gold Coast City comes word of the latest high speed grapefruit reducing discovery. This plan is new and different from other grapefruit diets. No long waiting. This one is so fast it actually begins to work within twenty-four hours, even while you sleep."

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The promoters of these diets claim that grapefruit can actually melt away fat by some special process. Physicians who testified before a Postal Service hearing said that grapefruit has no special properties which cause it to melt away fat. They also said that fad diets, like the grapefruit diets, could be injurious to the health of many people.

The United States Postal Service has issued orders to stop several grapefruit diet promoters from using the mails to receive orders for their diet plans. A Federal law gives the Postal Service the authority to deny the right to receive money or property through the mails, to anyone who misrepresents a product or service. The Postal Service has issued formal orders against "Grapefruit Diet Division" and "Easy Slim" of Encino, California. These companies were found to be conducting schemes to obtain money through the mails by means of false representations.

The Consumer Protection Division urges North Carolina residents not to do business with these or other companies that advertise and sell diet plans through the mail. The safest and most effective way to lose weight is to consult a physician and follow his instructions. Don't help make profits for those who use deception to sell products of little or no value. Even though the cost of a diet plan may be modest, it has been estimated that some diet promotions received eight hundred to one thousand requests for the diet a day. At two dollars per copy, the promoters of this plan could take in a million dollars in just five hundred days.

Write to the Consumer Protection Division if you see advertisements in North Carolina magazines or newspapers for diets which make extraordinary claims. We can take action to stop false and misleading advertising.

The Great Cars

continued from page 6

brought out the cheap Lincoln Zephyr, which should have died a forgotten death. Instead it curiously brought about the design of the Lincoln Continental. Built as a one-of-a-kind for Edsel Ford, the classic Continental was a sensation. The clean line of the car was a joy to the eye of any auto lover, and for looks it is still one of the best, if not the best car ever drawn. There are still over 1,000 of the 5,300 produced.

Will the car builders ever go back to the Great Cars? Probably not. Economics rule against it, but it would be a real thrill to have some genius like Leland or Duesenberg bring out a carriage with the thrust of a Doozy, the sleek lines of the original Continental and the flair of a Jordan Playboy. It's a dream, but what a dream!

(Mr. Mackintosh is a Raleigh car buff).

The Car Addicts

continued from page 7

As Jim Ridout, owner of a 1908 Brush and a 1933 and 1935 Pierce-Arrow, puts it: "You've got to have a love for automobilia. There's a therapy in working with your hands and bringing back to life something that was glorious in its time. If a person doesn't have patience, rebuilding a car is one way to learn it. This hobby brings out the best in you. It teaches you to be ingenious, and to think things through."

Let's say you're hankering to join the ranks of the old car buffs, those who have gone the route offer these "how-to" suggestions:

—Unless you have a large bankroll or are mechanically inclined, steer away from the "basket cases."

—Be patient. You can't rush things like this. Getting parts will be a slow process.

—Have a place to work. Keeping the car outside can harm it.

—Kiss your family goodbye for the next five months. Your friends will call you crazy, and your savings will fly away. But when the job is done and you're grandly rolling down the open road — Oh Happy Days!



POET'S CORNER

VERSES FROM OUR READERS

Legend of the '55 Olds

The old '55 Olds had known much splendor
in its days,
Its owners had cherished it in many special
ways.

Its mileage was unusually low
And no matter what the day or hour, it
never failed to go.

Its color was green and white
And without wax, brightly it shone in the
sunlight.

Its owners would never part with it, no
matter what the price.

On a cold, snowy November day
The old '55 met its defeat in a terrible way.
It was hit in an accident by an old man
And its hood was crushed and mashed like a
tin can.

The old '55's splendor was gone,
The owners were very sad and to this day
something seems wrong.

And yet still, no car, no matter what the
price or how nice

Can ever have the value the '55 Olds did in
its owner's life.

Dixie Lynn Jordan
Rt. 1, Union Grove

We Salute Them

We herewith take due notice that
two of North Carolina's electric
membership corporations have new
managers.

Douglas P. Leary, formerly execu-
tive staff assistant at Four County
EMC, Burgaw, took over on Feb. 1, as
general manager at Wake EMC, Wake
Forest.

Charles L. Staples, formerly with Mid-
Carolina Electric Cooperative of
Lexington, S.C., and before that with
Douglas County Electric Membership
Corporation of Douglasville, Ga.,
became general manager of Lumbee
River EMC, Red Springs, June 19.

Leary succeeded J. L. Shearon.
Staples succeeded D.J. Dalton.
Shearon and Dalton retired after years
of outstanding service in the rural
electrification program.

Grandma

My grandchildren adore me,
On that we all agree.
But when you ask
Who spoiled them?
Their parents point at me.

Edna Sawyer
Havelock

What Is War?

Just like when you wreck a car;
Only you dwell
In something called Hell.

Carlotta Bradsher
Rt. 1, Hillsborough

Tears

I was sad
I cried.

The rain came
And blended
Her tears with mine.

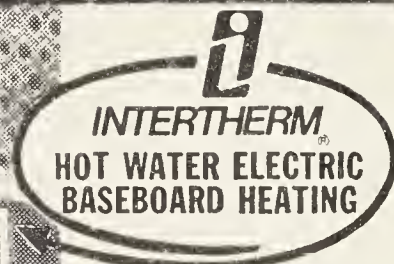
We cried together,
The rain and I.

Pamela Hendricks
Rts. 4, Mocksville

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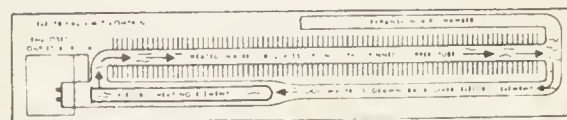
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1-72

"Could money being spent on moon shots be spent in a better way?"

"Yes, The United States needs to pay more attention to internal problems. All the money used in the space program would be more helpful if it was used to clean up our environment and to control our population. Money is needed to improve education and race relations. Walking on the moon isn't necessary to our survival. Cleaning our environment, controlling our skyrocket population, and learning to live together in peace is."

Donna Alligood
Rt. 5, Box 347
Washington

Donna is 16 and a junior at Washington High School. She enjoys dramatics and reading. Her parents, Mr. and Mrs. Delmer E. Alligood are served by Tideland EMC.

"In the modern times we live in, I feel the space program is essential to science. Of course, if there were no space program, there would possibly be extra money to use on our problems here on earth. But we have to remember that millions of dollars are spent each year on finding solutions to these problems, and much of this money is also wasted in experiments that are failures. The space program has produced information that has helped with many of our problems on earth, therefore the money that is being spent is going to a program which has produced helpful results in other areas."

Kay Fisher
Rt. 9, Box 376
Fayetteville

Kay is a rising senior at Cape Fear High School and is 17. She enjoys keeping up with the space program and would like to enter the program after college. South River EMC serves the Fishers.

"Yes, I think that a large sum of the money being spent on moon explorations today could be used much more effectively here on earth. Seeking solutions to problems such as starvation, disease, poverty and pollution should be our major goal. Our tax money should be spent in a manner that would greatly benefit all mankind, and my opinion is that there could be no better way than the former. I suggest that if and when we have successfully conquered all the major issues on earth then is the time to center our attention around placing humans on other planets."

Ada Owen
Rt. 2, Box 775
Brevard

Ada is 17 and a graduate of Rosman High School. Her hobbies include: liking, motoreycling and sewing. Her parents, Mr. and Mrs. E.E. Owen, are served by Haywood EMC.

"I believe that the moon explorations are a vital part of the U.S. If the U.S. lags behind in the space race, it could put us in a dangerous position. Also there are untold benefits to be yielded from the moon, perhaps a cure for cancer, a reason for us being on this Earth, and so many more. But before the U.S. and U.S.S.R. begin to explore other planets together, we must solve some of the big problems facing us now."

Jeff Hodges
Box 312
Boone

Jeff is a rising sophomore at Watauga High. He is a member of the WHS band that went to Disney World last year and he plans to go to college and major in music. His hobbies include: boating, reading good books and composing and playing music. The Hodges are served by Blue Ridge EMC.

TEEN ROUNDTABLE

NEXT QUESTION

What do you think is the greatest problem facing American youth? Why?"

This question was submitted by Pam Carter, a rising junior at Union High School. Pam's hobbies include skating and basketball. Her parents are served by Four County EMC.

If you have a good answer, send it to THE TEEN ROUNDTABLE, Carolina country, P.O. Box 1699, Raleigh, N.C. 27602 at once.

Tell us a few facts about yourself -- your age, school, hobbies, etc. Include your parents' name and the name of the electric membership corporation serving you. If your answer is published, we will send you \$5.

If you want to submit a question, send it along and for each one used the sender will get a \$5 check.

CAROLINA PANORAMA

See It at the State Fair

"Money couldn't buy the special space show scheduled for the 105th North Carolina State Fair, October 13-21."

That's the word from Bob Wills, the State Fair publicity man. The Fair is held at the State Fairgrounds at Raleigh. Here is what Bob has to say about this year's unusual attraction.

"The exhibit, **Returns From The Future**, will include such items as the Apollo 12 Command Module, an astronaut's suit which actually traveled to the moon surface and other rare artifacts which, according to officials of the National Aeronautics Space Administration, 'could never be given a monetary value.'

"The venture is a coordinated effort primarily sponsored by the North Carolina Science and Technology Research Center and State Fair and will be the largest space-related, educational exhibit ever presented. It will be housed in the largest geodesic dome ever constructed involving 10,000 square feet of exhibit space. A replica of the entire solar system will be placed into the roof of the structure. This and the general layout of the exhibit will be handled by personnel of Morehead Planetarium of Chapel Hill.

"Within the mammoth program will be exhibits regarding medical science, food science, fire and aeronautical safety and other related research fields. There will be a special presentation recognizing and honoring North Carolina's contributions to the space program. Visitors will see a simulated moon-scape with an actual moon rover, an astronaut's suit and moon rock, a full-scale model of a command module, a landing craft, a model of the Vehicle Assembly Building at Kennedy Space Center, and the Diorama presented at Transpo '72 showing the airport of tomorrow and other features."

The Apollo 12 Command Module will be in a special trailer outside the dome.

You can see it all at the State Fair, at Raleigh, October 13-21.

Although few of them are still grinding meal the old water-powered way, there are quite a number of old mills like this in North Carolina. The picture was made southwest of Raleigh, not far from the city limits. If you know of something unusual, interesting, scenic or picturesque in the area served by your EMC, send a photo of it along with facts about it, or a brief story about it to Carolina Country. We'll use those with greatest appeal on our new Carolina Panorama page.



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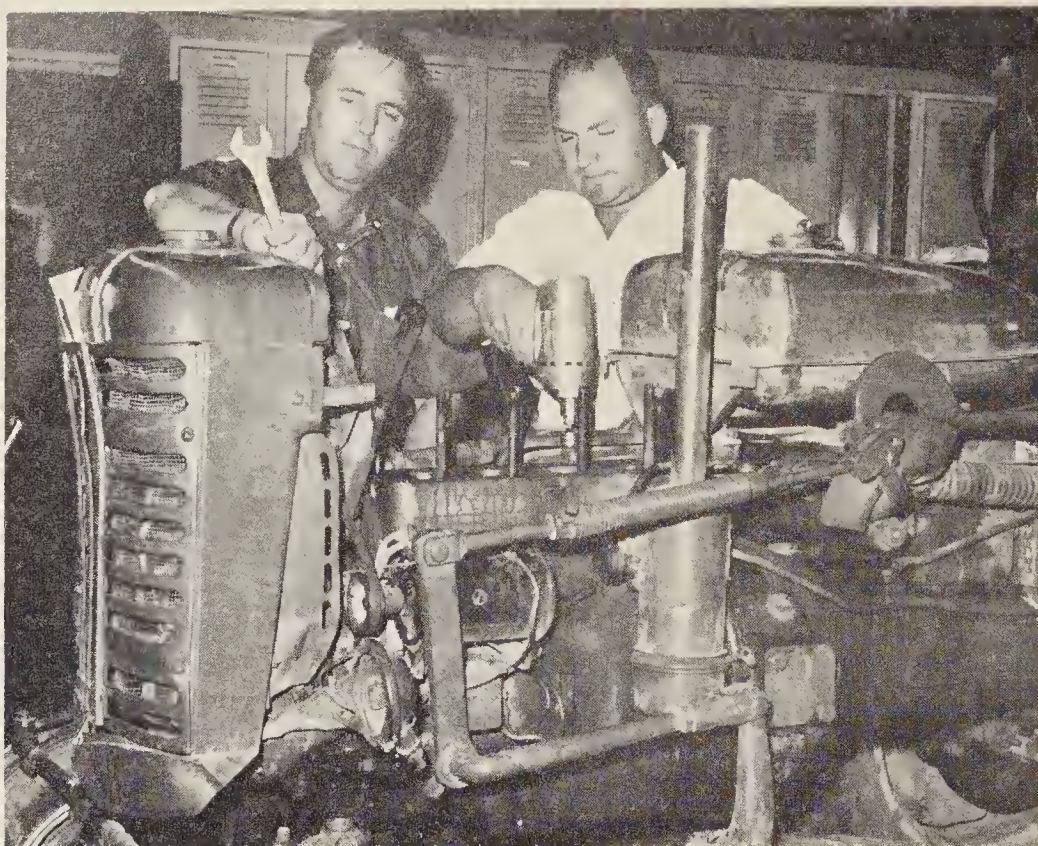
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Farmer-veteran students learning tractor repair at Johnston Technical Institute.

Technical Institutes Fill Veterans' Needs

By Nancy Duckett

N.C. Dept. of Community Colleges

Among the numerous educational opportunities for veterans in the technical institute-community college system, is a course designed for former servicemen who are also farmers.

The 36-month-long curriculum is called Agricultural Science and Mechanization.

In this curriculum, farmers are learning to become more proficient on the farm and at the same time they are receiving veteran benefits.

For the convenience of the men who farm, the classes begin in late afternoon, after they have completed a day's work. The men receive both classroom and on-the-farm instruction.

They Have a Choice

When they have completed the 36 months of training, they make take a few additional courses, if they choose, and earn an associate degree from the school which sponsored the training.

Technical institutes presently offering this special course are Johnston, Pitt, James Sprunt, Sampson, Robeson, Piedmont, Central Carolina, Bladen and Richmond.

In addition to the course designed for farmers, educational opportunities for veterans abound in the State's technical institutes and community colleges, and furthermore, the tuition charges go easy on their pocketbooks.

A Bargain in Training

Veterans' educational allowances are based on their enrollment status (full-time or part-time) and on the number of dependents and not on a school's tuition. This makes the technical institutes and community colleges particularly attractive to them. For a technical or vocational program, the tuition fee is \$2.50 per credit hour, with a maximum tuition charge of \$32 per quarter. The college transfer tuition fee is \$3.00 per credit hour, with a maximum tuition charge of \$42 per quarter.

Technical institutes and community colleges offer courses for veterans who have not completed high school as well as courses for the ones who are ready to enter a post-secondary program. Those who have not finished high school may study in the adult high school program or work towards their high school equivalency certificate for a period of up to 12 months without the time being charged against their entitlements.

Program for Servicemen

On a limited basis, North Carolina is offering occupational training courses to servicemen before they are discharged.

This training, called Project Transition, is funded through the Manpower Development and Training Act.

North Carolina's programs are appropriately offered through Coastal Carolina Community College near Camp Lejeune and Fayetteville Technical Institute near Fort Bragg. The two programs are cooperative projects involving the schools, the Marine and Army bases and the Employment Security Commission.

The courses that make up Project Transition are strictly job oriented even though some of the men further their education after their discharges.

Among the areas of training are welding, coin machine servicing, auto mechanics, radio and television repair, basic drafting and surveying, and plumbing.

Correlated to Jobs

The national employment picture is thoroughly investigated by the Employment Security Commission prior to course selection. The need for the training must be nationwide in that when the men are discharged they will settle all over the country.

According to follow-up surveys and letters the men have written to the schools, Project Transition has been a bang-up success in North Carolina. The discharged servicemen are finding employment and adjusting to their roles as civilians.

As one man wrote: "Because of the training I had at your school, I am going to be up for promotion long before the guys who started work at the same time I did, but who had not been trained."

EMC s Commended By Durham Herald

The following editorial appeared in the Durham Morning Herald June 29. Carry the points it made over to the present and everything it said applies to the need for adequate REA loan funds and reasonable loan policies in the current fiscal year.

The rural electric cooperatives have performed, and are continuing to perform, a valuable service for the nation. They have brought electric power to sparsely-settled and difficult-to-reach areas, places the private power companies showed little, if any, interest in reaching in earlier years.

In this state, for instance, electricity is available at practically all the rural homes. Much of the credit belongs to the electric membership corporations (EMCs), the local cooperatives working under the Rural Electrification Administration framework.

Throughout the state, on the coast, in the coastal plain, in the Piedmont, in the foothills, and in the mountains, the EMCs are busily engaged in the work of serving consumers and in expanding and improving their facilities. They have made their point, in this state and in others, about bringing electric power within the reach of consumers previously bypassed. They deserve all the funds Congress has appropriated for them.

Oddly enough, though, the Nixon administration has impounded \$107 million of the \$545 million in REA loan funds appropriated by Congress last summer. Of particular interest in this state, the funds withheld by the Office of Management and Budget include five loans totaling \$3,549,000 for projects in North Carolina.

The fund freeze is short-sighted and unwise. Along with the moratorium on REA loans for new generating plants, it runs counter to the need to place the nation's electric power industry all sectors of it — in a better position to serve consumers. With the nation facing an electric power crisis the administration ought to be doing all it can to promote generating and distribution capacity.

In the broader view, there no longer is room for arguments about the

merits of investor-owned and consumer-owned systems. The demand for electric power is increasing so fast that both will be hard-pressed to meet the needs of the consuming public.

The Nixon administration is not saving funds by withholding \$107

million of the appropriation for REA loans. Rather, it is adding to costs through delay since inflation will raise the price when projects finally are started. But more important, it is costing time in an area in which time is all-important.

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HALE

Such a Deal

A man was coming home from work one night and noticed a sign that his son had tacked up on the front of the house. It said: "Dog for sale — one cent."

The man told his son to think in bigger terms. One cent was too low a price to pay for a dog, he said.

The next day, the boy changed the sign to read: "Dog for sale — \$10,000." And when his father came home that night he noticed that the sign was gone.

"Did you sell your \$10,000 dog?" he asked his son.

"Yes," the boy said. "But I had to take as a trade-in two \$5,000 cats."

A Note Of Respect

The new commanding officer was speaking to his company. "I want you to respect me as your leader," he said, "But if you've got any problems, feel free to talk with me as if I were your father."

"Hey Dad," came a voice, "can I use the jeep tonight?"

Smart Mom

"To get my son out of bed in the morning, I just open the door and throw the cat on his bed," explained the cunning mother. "He sleeps with the dog."

Albemarle Crafts

If you have always wanted to see a genuine craftsman at work, learn how he does what he does and perhaps buy some of his handiwork, then the Albemarle Craftsman's Fair is the place for you to go September 27, 28, 29 and 30. The Fair, now in its 14th year, will be held at the National Guard Armory just off U.S. 17 Business, in Elizabeth City, North Carolina. The doors will open Wednesday through Friday from 12:00 to 9:00 p.m. and Saturday from 10:00 a.m. to 6:00 p.m. Adult admission will be \$1.00 and students 50 cents.



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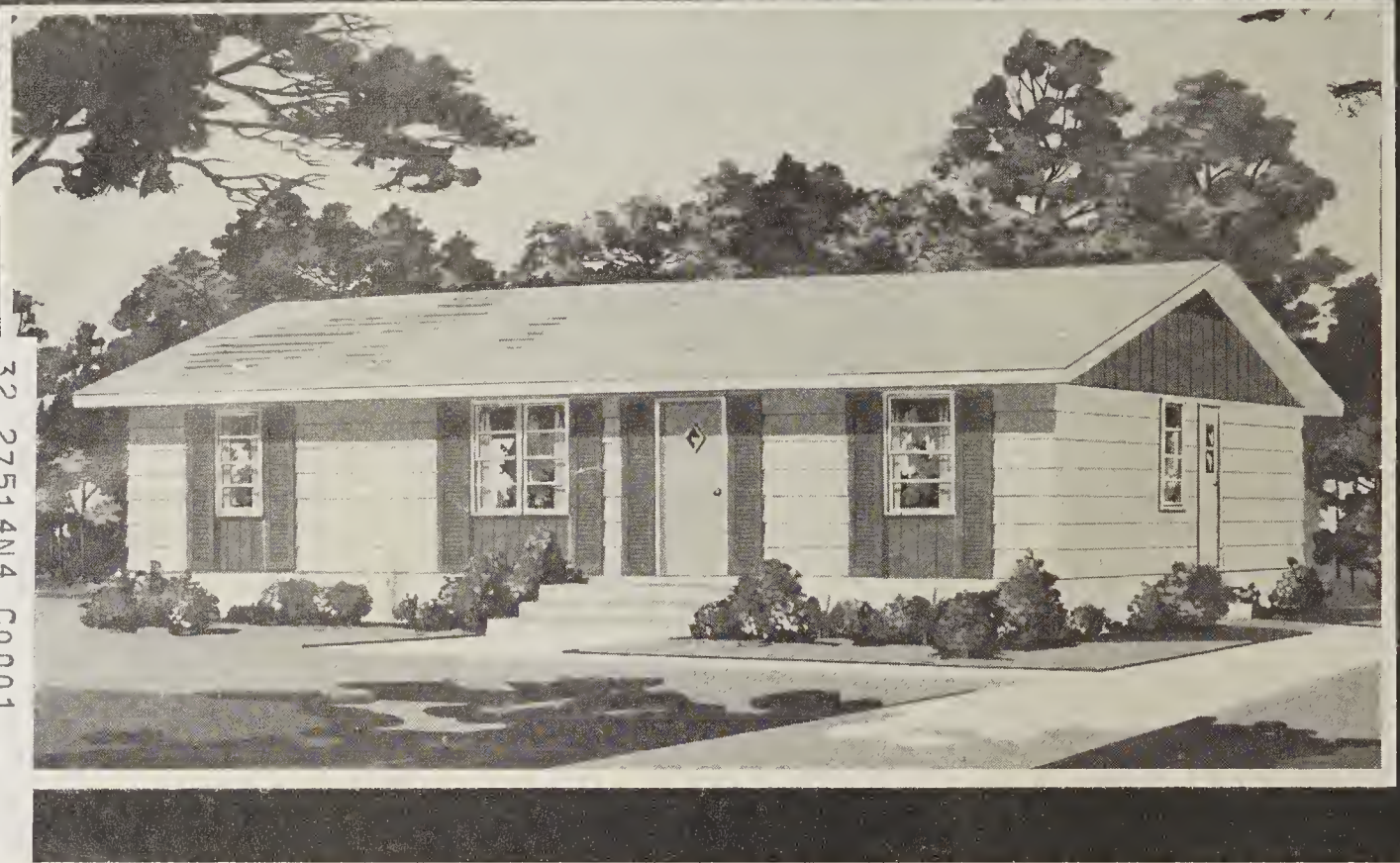


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